

## Chargrilled Middle Eastern Lamb Burgers with Carrot & Coriander Salad

**Season:** Autumn/Winter/Spring

**Makes:** 30 small burgers

**Fresh from the garden:** carrot, coriander, lemons, onions, parsley, thyme

**Recipe source:** Adapted from *Kitchen Garden Cooking With Kids* by Stephanie Alexander (2006, Penguin Lantern, Melbourne)

### Equipment:

2 baking trays  
metric measuring scales, cups  
and spoons  
clean tea towel  
chopping board  
knives – 1 small, 1 cook's  
grater  
lemon juicer  
frying pan  
wooden spoon  
mortar and pestle  
2 large bowls  
fork  
pastry brush  
tongs  
chargrill pan  
kitchen paper  
2 serving platters  
serving bowl  
salad servers

### Ingredients:

#### For the burgers:

3 tbsp coriander seeds  
3 tbsp cumin seeds  
1.5 kg minced (ground) lamb  
2 onions, finely chopped  
juice and zest of 3 lemons  
1 handful of parsley, finely chopped  
10 sprigs of thyme, finely chopped  
3 tsp salt  
freshly ground black pepper  
¼ cup extra-virgin olive oil  
30 small pita pocket breads  
1½ cups yoghurt

#### For the salad:

6 large carrots, grated  
1 large handful of coriander, finely chopped  
juice of 1 lemon  
½ tsp salt  
⅓ cup olive oil

### What to do:

1. Preheat the oven to 150°C and place one of the baking trays inside to keep warm.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Dry-fry the coriander and cumin seeds in the frying pan over a medium heat until they become fragrant.
4. Grind the the coriander and cumin seeds into a coarse powder with the mortar and pestle.
5. Put the spices, lamb, onion, lemon zest and juice, herbs and salt, along with a good grind of black pepper, into a large bowl. Mix everything together very well with your hands.

6. Divide up the mixture and roll it into 30 equal balls. Push down on each ball with the back of a fork. Place them on the cold baking tray. Brush the lamb burgers with oil using the pastry brush.
7. Heat the chargrill pan over a medium-to-high heat.
8. Place the burgers carefully on the hot grill, using tongs. Leave them to cook on one side without moving them. After 8–10 minutes, turn them and cook the other side (2–3 minutes).
9. Drain the burgers on kitchen paper.
10. While the burgers are grilling, brush the pita pocket breads with oil, then place them on the baking tray in the oven to warm through (about 5–8 minutes).
11. To make the salad, mix all the ingredients together in the other large bowl and transfer it to the serving bowl.
12. Serve the burgers and warm breads on platters at the table. Place the burger patty in the pocket, top with a spoonful of yoghurt, and carrot & coriander salad.

